

BEYOND THE NUMBERS: *The Importance of Blood Pressure Monitoring*

Blood pressure, often referred to as **the silent killer**, is a vital sign that measures the force of blood pushing against your artery walls as your heart pumps blood. It is a **critical indicator of heart health**, yet many people overlook its importance until complications arise. While it's a common term, many people are unaware of the ideal blood pressure range and its implications for heart health. In India, where cardiovascular diseases are a rising concern, understanding blood pressure (BP) and its implications can empower individuals to take control of their heart health.

What is Normal Blood Pressure?

Blood pressure is the force exerted by blood against the walls of the arteries as the heart pumps it around the body. It's measured in millimetres of mercury (mmHg) and typically expressed as two numbers:

	SYSTOLIC <i>(the top number)</i>	DIASTOLIC <i>(the bottom number)</i>
Meaning	It measures the <i>force your heart exerts on your arteries</i> when it beats and pushes blood out.	It measures the <i>pressure in your arteries when your heart is resting between beats</i> .
Analogy	Imagine your heart is a pump , and your blood vessels are hoses . Systolic pressure is like the force of water pushing through the hose when the pump is on. The pressure is higher because the heart is working hard to push the blood.	This is like the calm flow of water when the tap is off , but there is still some pressure in the hose.
Normal Range	If your systolic BP is 120 mm Hg , it means your heart is pumping blood with normal pressure.	If your diastolic BP is 80 mm Hg , it means your arteries are maintaining a healthy level of pressure while your heart is relaxed.
	BOTH NUMBERS MATTER	
	HYPERTENSION (High BP)	HYPOTENSION (Low BP)
Why?	Systolic above 140 or Diastolic above 90 is considered high which can, over a period of time, <i>damage your heart, kidneys, and brain</i> .	If blood pressure drops too low (like 90/60 mm Hg or lower), the brain and organs may not get enough blood causing <i>dizziness, fainting</i> , or even <i>shock</i> in severe cases.
Analogy	Think of a water hose under constant, high pressure may burst over time.	A hose with barely any water flow doesn't deliver enough to where it's needed.

Blood pressure naturally fluctuates throughout the day due to factors like time, exercise, diet, and stress. However, **consistently high blood pressure** can be a serious concern. When your blood pressure falls between the **normal range** (below 120/80 mmHg) and hypertension (above 140/90 mmHg), it is

termed **prehypertension**. Individuals with prehypertension face a significantly higher risk of developing full-blown hypertension if preventive measures are not taken.

Who is at Risk of Prehypertension?

The ICMR study published in the *International Journal of Public Health* highlights key risk factors:

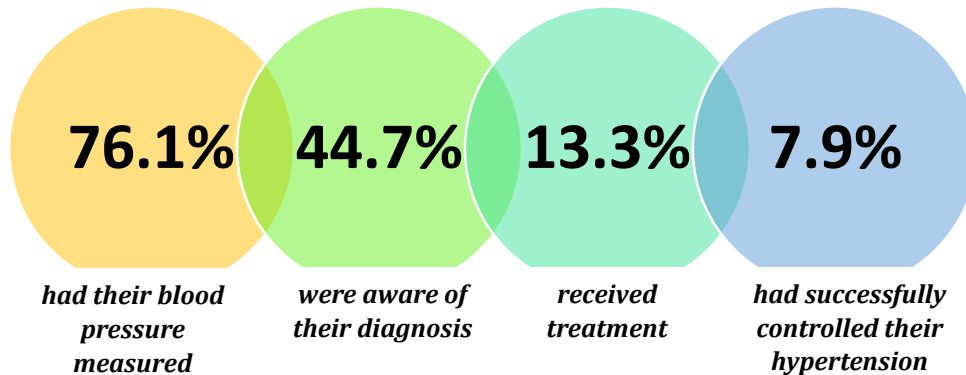
- ✓ Individuals from **wealthier households**.
- ✓ Those who are **overweight or obese**.

Interestingly, the study also found that:

- ✓ **Literate individuals**, women, and alcohol consumers had **lower odds** of developing prehypertension.
- ✓ Elevated **blood glucose levels** also contributed to lower prehypertension odds, though they may signal other health issues.

Prehypertension and Hypertension in India: What the Data Says

Recent studies underscore the growing burden of hypertension in India. In a large-scale survey of **731,864 individuals aged 15-49 years**, the prevalence of hypertension was **18.1%**. Despite this, the findings reveal a troubling gap in awareness and management:



Additionally, **men** showed a higher prevalence of hypertension compared to women.

A separate study by the **Indian Council of Medical Research (ICMR)** found that **more than 33% of Indians suffer from prehypertension**. This condition often acts as a precursor to hypertension, posing a major health concern due to its link to heart disease, kidney issues, and stroke. The study, conducted by

ICMR's **National Centre for Disease Informatics and Research (NCDIR)**, analyzed data from the **National Family Health Survey (NFHS-5)**, covering **707 districts** across **28 states** and **8 Union Territories** in India.

Keep your Blood Pressure in Check

Maintaining blood pressure within the normal range requires conscious effort such as:

- ✓ *Adopting a healthy lifestyle by consuming a balanced diet which includes fruits, vegetables, whole grains, and lean proteins*
- ✓ *Exercising regularly (also managing weight) to stay active for at least 30 minutes with moderate-intensity, to strengthen the heart, improve blood flow and reduce pressure on arteries*
- ✓ *Managing stress by practicing mindfulness, meditation, yoga, deep breathing or cycling*
- ✓ *Limiting sodium intake by reducing salt (which is high in processed foods) intake to lower blood pressure while choosing low-fat dairy products*
- ✓ *Quitting smoking as it damages blood vessels and limiting alcohol excessive alcohol consumption to prevent blood pressure spikes*
- ✓ *Monitoring blood pressure by going for regular check-ups as it helps identify any abnormalities early*
- ✓ *Taking prescribed medications in order to avoid the risk of cardiovascular diseases*

Yet it's important to consult with your healthcare provider to determine your specific blood pressure goals

Early detection and lifestyle changes can make a significant difference in managing blood pressure. At **Krsnaa Diagnostics**, we offer *advanced diagnostics*, *blood pressure monitoring*, and *expert consultations* to support your heart health.

Your heart works hard for you. Let's work together to keep it healthy.

Book a check-up today and take the first step toward a healthier future!

Take charge of your health today by making informed choices with **Krsnaa**.

Allow us to guide you through this journey like your saarhi.

